## **CLAIMS**

Although the invention has been described using certain preferred embodiments, it is understood that variations within the scope of the following claims are possible without departing from the spirit of the invention.

## I claim:

- 1- A nutrient holding device for treating and/or preventing physical problems associated with postural disequilibrium which consists of an article adapted to contact the body, said article incorporating a waterproof enclosure containing at least one nutritional supplement.
- 2- A nutrient holding device according to claim 1 wherein said device is a locket worn around the neck adapted to lie on the chest or solar plexus.
- 3- A nutrient holding device according to claim 1 where said device is a hat band holding the nutrients in a waterproof housing.
- 4- A nutrient holding device according to claim 1 where said device is a pedal device which is an inner sole consisting of two semi-rigid fabric layers bonded together around a waterproof housing containing the nutrients.
- 5- A nutrient holding device according to claim 1 where said device is a belt where the nutrients are held in a waterproof plastic insert between two pieces of leather allowing the nutrients to be held next to the subjects waist.
- 6- A nutrient holding device according to claim 1 where the device is an article of jewelry, which is hollow and contains the nutrients.
- 7- A nutrient holding device according to claim 1 where the device is a hollow waterproof fiber (into which nutrients are placed) which is woven into clothing thereby affording the envisioned therapeutic effect while wearing said clothing.
- 8- A nutrient holding device according to claim 1, where in said nutrient is in the form of a solid, powder, gel, or liquid.
- 9- A nutrient holding device according to claim 2, where said device is furniture (mattress and chairs) whose outer paddings contain a waterproof chamber that contains nutrients so that the envisioned therapeutic effect is afforded while resting.
- 10-A nutrient holding device according to claim 2, where the nutrients are three tablespoons of blue-green algae powder.

- 11- A nutrient holding device according to claim 1, where the nutrients are one tablespoon of a heterogeneous mixture of vitamins and minerals and one tablespoon of mixed glandular extracts and one tablespoon of blue green algae.
- 12- A nutrient holding device according to claim 2 where the nutrients consist of 3 tablespoons of a heterogeneous mixture of vitamins and minerals.
- 13- A nutrient holding device according to claim 1 where in said nutrients are selected from vitamins, minerals, blue-green algae, protomorphagens, glandulars, amino acids, herbs, enzymes, and derivations thereof.
- 14- A treatment or preventative method for the physical troubles associated with structural disequilibrium which comprises placing a nutrient holding device on the person in need of correction, resulting in stimulating proprioceptive reflexes by electromagnetic waves from the nutrients contained within the nutrient holding device, resulting in increased muscle tone and posture correction that is afforded continually while wearing said device.
- 15- The method according to claim 14 where placement of the device occurs at the circumference of the head, chest, the solar plexus, the umbilious, the right and left shoulder, the lower back or the sole of the feet.
- 16- The method according to claim 1 where placement of the device is at the proximity of clothing that the nutrients have been incorporated into the weave thereof.
- 17- A nutrient holding device in the form of vetenary apparel according to claim 1 where the envisioned therapeutic effect is afforded to animals by having the animals wear the nutrients covered in waterproof housing next to their epidermis (i.e. horse blanket)
- 18- A method of improving muscle strength and endurance while conducting physical activities.
- 19- A nutrient holding device that is a hollow metal or ceramic ball or chamber that is waterproof and being of a small diameter that it is mixed with dental cement or amalgam to be used to fill a cavity, thus becoming a proprioceptive stimulating implant by stimulating the rich proprioceptive nerve endings of the jaw.